

Spicy Kimchi Prawn and Egg Fried Rice

hellóchef

Kimchi, a staple of Korean cuisine, is a traditional side dish made from salted and fermented vegetables, most commonly cabbage.

Cals 565 • Prot 36 • Carbs 98 • Fat 8

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3317



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Prawns	2 ppl	3 ppl	4 ppl	
Jumbo prawns 7*	300	450	600	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Fried rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Garlic cloves	2	3	4	Piece
Spring onion	40	60	80	Grams
Carrot	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Kimchi 6*, 7*	150	150	300	Grams
Gochujang 9*	10	15	30	Grams
Soy sauce 9*, 10*, 11*	30	40	60	ML
Sweet soy sauce 9*, 10*, 11*, 14*	20	30	40	ML
Organic Eggs 5*	1	2	2	Piece
Black sesame seeds 3*	10	15	20	Grams

Allergens

*7 Crustaceans, *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *5 Eggs, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2366 / 565
Fat (g)	7.8
of which saturates (g)	1.9
Carbohydrate (g)	98
of which sugars (g)	14.3
Fiber (g)	6.5
Protein (g)	36.4
Salt (g)	5.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, spread the **rice** over a baking tray and allow to cool and dry out. (See pro tip!)



2 Prep

Meanwhile, peel and chop the **garlic**. Finely chop the **spring onion**. Peel and grate the **carrots**.



3 Fry prawns

Drain the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Transfer the **prawns** to a plate. Reserve the pan.



4 Fried rice

Return the pan to a medium-high heat with a drizzle of **oil**. Add the **garlic** and fry for 1 min. Add the **kimchi (spicy!)**, **carrots**, **gochujang** paste (**spicy!**), **soy sauce** and **sweet soy sauce**. Stir fry for 2 min. Add the **rice** and **spring onions** and fry for another 3 min.



5 Fry eggs

After 3 min, push the **rice** to one side. Add another drizzle of **oil**. Add the **eggs** and fry for 2-4 min or until done to your liking. Return the **prawns** to the pan and give everything a good mix up.



6 Serve

Divide the fried **rice** amongst plates and garnish with the **sesame seeds**.